

January 20-26 is Healthy Weight Week – A Time to Celebrate Healthy Lifestyles

Mary K. Collins, M.S. – Health Educator



healthy families culpeper

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ADULT/SENIOR

The Healthy Culpeper Adult/Senior Committee serves as the Culpeper team for the Aging Together initiative.

Getting Affairs Organized

Collecting and organizing your important papers and information is a smart idea and a great gift to your loved ones. Gather your important personal, financial and legal information and sit down and create various lists of information and instructions of how you want things handled. Here are key areas:

Personal Information

- Contact list: Master list of names and phone numbers of family members, close friends, clergy, doctor(s), and professional advisers such as your lawyer, tax accountant, broker and insurance agent.
- Personal documents: Birth certificate, Social Security number, marriage license, military discharge papers, etc.
- Secured places: List all the places you keep under lock and key (or protected by password), such as safe deposit boxes, safe combination, security alarms, etc.
- Service providers: Provide contact information of the companies or people who provide you regular services such as utility companies, lawn service, etc.
- Pets: If you have a pet, give instructions for the care of the animal.
- Organ donation: Indicate your wishes for organ, tissue or body donation, including documentation (see www.donatelife.net).
- Funeral instructions: Write out your final wishes. If you've made pre-arrangements with a funeral home, provide their contact information and whether you've prepaid or not, and include a copy of agreement.

Legal Documents

- Will and trust: Have the original copy of your will (not a photocopy) and other estate planning documents you've made, including trusts.
- Financial power of attorney: This is the legal document that names someone you trust to handle money matters, if you're incapacitated. Talk to an elder law attorney (see www.naela.com) to learn more.
- Advance directives: These are the legal documents (living will and medical power of attorney) that spell out your wishes regarding your end-of-life medical treatment, when you can no longer make decisions for yourself.

Financial Records

- Income and debt: Make a list of all income sources such as pensions, Social Security, IRAs, 401Ks, interest, investments, etc. And do the same for any debt –mortgage, credit cards, medical bills, car payment.
- Financial accounts: List all bank and brokerage accounts (checking, savings, stocks, bonds, mutual funds, IRAs, etc.) including their location and contact information; keep current statements from each institution in files.
- Pensions and benefits: List any retirement plans, pensions or benefits from your current or former employer, including the contact information of the benefits administrator.
- Government benefits: Info about Social Security, Medicare or other government benefits you're receiving.
- Insurance: List the insurance policies you own (life, health, long-term care, home, and car) including the policy numbers and agents' names and phone numbers.
- Credit cards: List all your credit and charge cards, including the card numbers and contact information.
- Taxes: Keep copies of income tax returns over the last 5 years and contact information of your tax preparer.
- Property: List the real estate, vehicles and other personal properties you own, rent or lease and include important documents such as deeds, titles, and loan or lease agreements.



The Precious Neighbor-to-Neighbor Connection

I have heard from many homebound seniors that the drivers who bring their home delivered meals might be their only contact with other people all day, week, or longer.

Lola Walker, Volunteer & Aging Services Manager,
Rappahannock Rapidan Community Services Board/Area Agency on Aging



Photo courtesy
U.S. Administration on Aging

Did you know that almost *one quarter* of this region's older adults live alone? That was one finding of a 2002 Community Elder Needs survey. With the anticipated doubling of the aging population over the next 15-20 years, the number of seniors living by themselves is likely to increase proportionately.

Living alone can be challenging for older adults with serious health conditions, limited income, family contact or the friendly support many of us take for granted. How many times have friends given us a ride when our car is in the shop or brought us a meal when we're caring for a seriously ill family member? This loving support keeps us going, even through hard times. Imagine if we did not have this help. Many older adults do not. With social isolation a senior's mental health, physical health, and overall wellbeing can suffer drastically.

Consider the following scenario:

"Ms. M" lives by herself in a rural part of the county. Her financial constraints are so severe that she worries about paying all her bills. She's also isolated from social contact. Mrs. M was an active member of the church but now has difficulty getting there. If no one knows about her and her needs, what will happen to her?

Fortunately someone did know about "Ms. M", and she was connected to financial assistance and contact with church members. This, however, is not a unique situation. Many older adults may still be isolated.

How can you help? First, get to know your older neighbor. Arrange a visit to introduce yourself and learn a little bit about this person. If while visiting you notice some things that make you wonder if his (or her) needs are being met, you can help the senior make a referral to RRCSB/AAA (the Area Agency

on Aging) at 540-825-3100 or the Culpeper Department of Social Services at (540) 727-0372. These agencies connect older people with essential services and supports.

You can also become a friendly visitor to older adults who would appreciate some company. All too often we forget the great gifts of elders, especially those that spend most of their time at home alone. Imagine what stories, experience and insights are hidden behind those doors! Through regular visits and contacts a new friendship develops, enriching lives of both the senior and the friendly visitor. You may want to continue visiting your neighbor or sign up as a volunteer. To find out more about becoming a friendly visitor contact Lola Walker at (540) 825-3100, extension 3358.

If you belong to a church, work with others in your congregation to check on older members who haven't attended in a while. Is there someone who needs a ride to church? Perhaps there is a way you can help.



Photo courtesy
U.S. Administration on Aging

This true story beautifully illustrates the value of connecting with our older neighbors:

"In 1985 we met a lovely retired Navy nurse who'd renovated the home that had

been in her family from the early 1800s. Her father was a county doctor when the town had dirt roads and doctors made house calls on horseback. As a

Navy commander she traveled the world during WWII and the Korean Conflict. Since retirement she often traveled with her friends, visiting many exciting places like Morocco and Portugal.

Over the next twenty years this woman became a significant part of our extended family. She was like a grandmother to our children. She had a wealth of information on her experiences, Culpeper history and life in general. The girls were enamored by the stories and enjoyed spending time with her. They especially liked the candy dish and cookie jar! When they were old enough, they helped her with chores like raking leaves. When driving became more difficult, we'd go together to shop or attend social events. When she was recovering from surgery, our daughter kept her company.

Time went on, and the woman's mobility declined. She seldom went out and had few visitors to the house. Even as the girls became more involved with other activities they never forgot about their friend next door. She's now in an assisted-living facility, but they still visit regularly, make gifts for her – and always make sure the candy dish and cookie jar are full. We are so grateful to have made this priceless connection with our neighbor."

Can you make a vital connection with your older neighbors?

Many thanks to Kathi Walker, Carroll Glasker and Lola Walker for their contributions to this column.

Aging Together is a community partnership taking steps now to improve quality of life and support to the growing population of older adults. To learn more visit our website at www.agingtogether.org, email info@agingtogether.org or call 540-829-6405. We would love to hear your stories of connection with your older neighbors.

Free Clinic of Culpeper

The best made plans are subject to disappointment. For weeks I looked forward to an adventure in Northern New England. My daughters were flying out to meet me in Boston, where we would then drive to Vermont for three glorious days in those amazing fall colors. To save money I decided to drive from Culpeper, alone, to meet them. Wisdom directed me to time the trip over a two-day period, keeping me off the highways at night and, as it turned out, for good reason. On day two of my voyage, 20 miles east of Hartford, Connecticut, my transmission went south. There I was, alone and stranded in a foreign state. Several things crossed my mind.

My first thought was "Oh, thank goodness I have AAA". I even have extended service, which means I could get towed the whole way without cost. Not

owning a cell-phone I was truly appreciative of the young couple who stopped to help me. It was their phone that allowed me to call for the tow truck.

Why am I telling you all this? Even though I was detained unexpectedly, as many of us are when a health crisis occurs, we do have the means to access care. We have doctors, nurses, specialists, hospitals, medications - all available. In the case of my automotive breakdown, I realized I was not insured for the cost of repair! Oh, I had plenty of access, but I didn't expect to spend \$6,000 on a new transmission! What if I couldn't pay the bill? Would I have to spend the rest of my life in Connecticut, washing cars? Perhaps my credit cards would be seized forcing me to walk back to Culpeper.

How easy it is for those of us who can afford health insurance to forget what it is like to be with-

out. Have you ever been out of your inhaler medication during an asthma attack? Or, thought about what would happen if the emergency room decided to take a day off when you were having chest pains? When circumstances change and we find ourselves scrambling to stay afloat, remember that we all have needs, and we are all human. For Free Clinic patients it isn't just about the cost. It is about access. Thanks to your donations we are open for appointments two days each week. Prescription medications are available as often.

The next time you feel stirred to do something for your fellow man, do it. Listen to the little voice that tells you how fortunate you are. Don't assume that someone else will stop and take care of that person stuck in the road. Next time, it could be you.

*Laurel Care Gravatte
Executive Director*

The Medical Reserve Corps (MRC)

Join the 260 Rappahannock-Rapidan Medical Reserve Corps (RRMRC) Volunteers as they work to make the counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock stronger, healthier & better prepared for emergencies. Two hundred and sixty volunteers is a great start, however, more volunteers are needed!

The Rappahannock-Rapidan Medical Reserve Corps provides:

- Presentations on Pandemic Influenza and All-Hazards Preparedness to interested businesses, civic groups, and schools
- Information in English and Spanish on Preparedness, Breast Cancer, West Nile Virus, Rabies and Poison Safety at community and health fairs
- Assistance with health-related projects for local organizations. For example, volunteers recently assisted the Culpeper County Public School System when they weighed and measured students in Kindergarten, First, Third, and Sixth grades for the Body Mass Index Study.
- Assistance at Virginia Department of Health flu shot clinics
- Training for volunteers

You do not need a medical background to volunteer with the RRMRC. Take the first step by attending an orientation session which includes Biologic Agents: Category A. Orientations will be offered in January, March, May, July, September, and November.

The RRMRC offers many optional trainings for volunteers who have completed orientation. Some of the trainings that will be offered in 2008 include:

- Epidemiology 101, 201, 301
- American Heart Association Blood Pressure certification
- Triage
- Diversity – What do you need to know in a disaster?
- Pandemic Flu and All Hazards Preparedness
- Psychological First Aid
- IS100 & IS700 overview
- CPR
- Basic First Aid
- Disaster Shelter Overview
- Quarterly Leadership team meetings

You can learn more about the RRMRC and the dates for the trainings by going online at <http://rrmrc.vdh.virginia.gov>. To schedule a presentation for your business or community group please contact the RRMRC office at 540-829-7350 ext 132, or rrmrc@vdh.virginia.gov.

If you would like to join the RRMRC you can complete an application on the website. New volunteers are always welcome.



The American Red Cross has moved to a new location: 102 N. Main St, 3rd Floor, 540-825-8611.

We offer classes in the following:
First Aid/CPR/Babysitting/Water Safety

Starting in the new year, 2008, we will be offering ongoing Disaster courses.

We are currently looking for people who would be interested in becoming part of our Disaster Action Teams. As part of the team you would go out on local disasters and assist in helping those who have been affected. If you have any questions, please call 540-825-8611.

Together, we can save a life.

Felecia Chavez
Outreach Coordinator
American Red Cross
Serving Culpeper and Madison Counties



Water Conservation Tips

If we continue to be in a drought through March as predicted, water conservation tips are just as important in the winter as they are in the summer. Below are a few tips from the City of Charlottesville's website (www.charlottesville.org):

1. Never pour water down the drain when there may be another use for it, such as watering a plant or garden, or for cleaning.
2. Repair dripping faucets by replacing washers. If your faucet is dripping at a rate of one drop per second, you can expect to waste 2,700 gallons per year. This adds to the cost of water and sewer utilities, or can strain your septic system.
3. Take shorter showers. Replace your showerhead with an ultra-low-flow version. Place a bucket in the shower to catch excess water and use this to water plants. The same technique can be used when washing dishes or vegetables in the sink.
4. Store drinking water in the refrigerator. Don't let the tap run while you are waiting for cool water to flow.
5. Do not use running water to thaw meat or other frozen foods. Defrost food overnight in the refrigerator or use the defrost setting on your microwave.
6. When washing dishes by hand, fill one sink or basin with soapy water. Quickly rinse under a slow-moving stream from the faucet.
7. If you have a well at home, check your pump periodically. Listen to hear if the pump kicks on and off while water is not being used. If it does, you have a leak.
8. Avoid flushing the toilet unnecessarily. Dispose of tissues, insects and other similar waste in the trash rather than the toilet.
9. Plant smart. Drought-efficient landscaping is a great way to design, install and maintain both your plants and irrigation system. More importantly, it will save time, money and water.
10. Raise the lawn mower blade to at least three inches or to its highest level. A higher cut encourages grass roots to grow deeper, shades the root system and holds soil moisture better than a closely-clipped lawn.
11. Use mulch to retain moisture in the soil. Mulch also helps control weeds that compete with landscape plants for water.
12. Consider using a commercial car wash that recycles water. If you wash your own car, park on the grass and use a hose with an automatic shut-off nozzle.

High Demand in Culpeper District for Rain Barrels

The Culpeper Soil and Water Conservation District and Virginia Cooperative Extension office in Madison conducted a 2nd rain barrel workshop on Saturday October 20 to a sold-out crowd.

To see the slide show visit our website at www.culpeper.vaswcd.org, click on "What's New" & choose the Rain Barrel Workshop Power Point.

After the presentation registered participants were able to assemble their own rain barrels. Thirty-three people attended the workshop and purchased 62 black, plastic, 55-gallon barrels to use for non-potable water. An additional 29 barrels were sold to people who could not attend the workshop. We also held a small workshop for the homeowners in the Malvern of Madison subdivision, where 9 people bought an additional 16 barrels. **If these barrels are filled to capacity just once, 5,935 gallons of water can be harvested!**

If you want to conserve water or even lower water costs, a rain barrel is just one step in promoting environmental conservation practices. A rain barrel collects and stores rainwater from your rooftop to use later for things like lawn and garden watering and washing pets. A barrel will save water during peak summer months for use outdoors, instead of paying a higher water bill or using your well and electricity.

The District currently has a list of over 55 people interested in attending a rain barrel workshop. If you would like to be added to that list, call Stephanie DeNicola at 540-825-8591 or send an e-mail to Stephanie.DeNicola@va.nacdnet.net



ANNOUNCEMENT!

The updated Culpeper County Soil Survey is now online! You can view maps by county, address and parcel number. Visit: <http://websoilsurvey.nrcs.usda.gov/app/>.

If you would like more information about best management practices, reporting pollution, moving dirt and other issues regarding soil and water conservation, please contact Stephanie Rose DeNicola, Communications Specialist of Culpeper Soil & Water Conservation District at (540) 825-8591.

Virginia Cooperative Extension

A Partnership of Virginia Tech College of Agriculture and Life Sciences
and Virginia State University School of Agriculture


Culpeper County Office—101 S. West Street
540-727-3435 www.ext.vt.edu/offices/culpeper

Character Counts


4-H Youth Development

Cristy Nibblins, Extension Agent

As parents, educators, and members of the community, we at Virginia Cooperative Extension have recognized the need for character education for our youth. In response to this need we are supporting an initiative on youth ethics called CHARACTER COUNTS! It is based on six core ethical values referred to as pillars of character. These pillars are Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship. Through the use of fun activities youth can practice making good choices. Ask us about how this program can be implemented into your school, club, church, or daycare program. Let’s help our children become “kids of character”.




Ever think about joining a 4-H club? Our 2008 club year is underway, and our clubs are gearing up for a fun and exciting year. There is a new Cloverbud club for kids age 5-8. This club is an introduction to 4-H that will allow kids to explore new things while making friends and having fun. Call today to ask about this and other club opportunities.




Our annual Achievement Night was held on November 16, 2007, at the Culpeper Depot. Congratulations to all of our award recipients and a big


thank you to all of our wonderful volunteers!!



Winter camp has been scheduled for February 15-17 at the Northern Virginia 4-H Educational Center in Front Royal. Register now, if you plan to attend!



Mark your calendar for next year’s summer camp. The Culpeper-Shenandoah-Rappahannock Junior Camp for campers ages 9-13 has been scheduled for August 3-7.



4-H County contests are being planned for the end of March. Anyone may participate. Ask us how to be in our Fashion Revue fashion show, compete in our Share-the-Fun talent show, practice Public Speaking or make a Presentation. This is a chance to show others what you are interested in and what your talents are.

To inquire about the activities listed above or about 4-H in general, contact Cristy Nibblins at 540-727-3435 ext. 347 or email at nibblins@vt.edu

Avoid Hay Storage and Feeding Losses

Carl C. Stafford, Extension Agent

By the time you read this article we are well into winter feeding of our livestock, be they sheep, horses, cattle or goats. You already know what I am about to say next and that is: hay supplies are extremely tight due to the 50% or greater reduction in hay due to drought in 2007. Along with a short supply is the need to feed sooner and in fact, many of you fed hay over the summer and started in earnest on your winter feeding program even before our first frost on October 29. Our inventories could now be at an all-time low.

Most folks have figured out that round bales are the most economical way to purchase or produce hay, but these large packages put you in a race with time and weather to use it or lose it. When you put out a high quality round bale it can deteriorate into poor quality within a matter of weeks, if your animals don’t eat it fast enough. You already know to buy or produce hay in packages that you can use up quickly to avoid weathering impacts during feeding. Speaking of weathering, a recent article by Tammy McKinley at University of Tennessee points out what we already know but is worth repeating. She figures that hay stored outside on the ground amounts to lighting a fire to every third bale. In essence, without some type of protections, you are losing 30% of your hay. Her point is: it’s worth spending money to reduce hay losses! At a cost of at least \$80 per ton to produce, more of you can now afford a barn or some other type of hay protection.

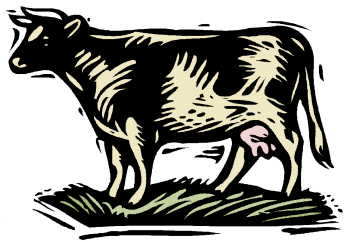
Until now you probably thought a barn was the “Cadillac” alternative, but with escalating values, hay that loses 30% of its value from weathering outside can easily justify expenses that protect your investment and help stretch your inventory. Ms. McKinley points out that hay stored in a barn will only lose 5%, as compared to hay stored outside, uncovered on the ground losing 30% - a 25% difference! As an example, let’s build a \$20,000 barn and store 100 tons of hay that cost \$80 per ton to produce. If you cut storage losses by 25% you see a \$20 per ton return on your barn investment. Multiply this by 100 tons and you have annual savings of \$2000. It looks like you can pay for the barn, from this savings, in as little as 10 years. You do the math to see how this applies to your situation, your costs and your storage method. The depreciable life of the barn is up to 25 years according to IRS schedules. It will, of course, be around longer than this, but you get the point.

Storage Method	Hay Loss
Hay barn	5%
Stacked and tarped on rock pad	12%
Stacked and tarped on tires or pallets	14%
Plastic-sleeved	19%
Net-wrapped	23%
Outside and uncovered	30%

Another suggestion, after you minimize storage losses, is to avoid excessive feeding losses. The only way I know to get around feeding losses is not to feed, and even then livestock do not fully utilize their pasture. Management is key in either case to help stretch your feed supply. I watch experienced producers put out more frequent, smaller amounts of hay to maximize utilization. I watch producers use a variety of rings, racks and wagons to keep hay from being trampled upon or becoming bedding. I see as well the use of unrollers that distribute hay out in a row across the landscape, spreading the impacts and the waste across a larger area, while all animals eat at once. You can probably justify doing this most with low-value hay. With high-value hay I know many of you are unrolling only what they will eat in a day, and you do this on your driest ground only during dry spells. Another approach with unrollers might be to use an electric wire over the row of hay to increase utilization. This way you also get a couple of feedings from one unrolling trip and simply move the wire the next day.

Hay feeding pads have been developed to help reduce the mess created in winter feeding areas. Check with the Culpeper Soil and Water Conservation District, or the Natural Resources Conservation Service, for design and cost share information on how to develop winter feeding pads to help with feeding efficiency and to reduce the environmental impact. Lay your plans now for next year, or try some of these ideas now.

Virginia Cooperative Extension
Culpeper County Office—101 S. West Street
540-727-3435 www.ext.vt.edu/offices/culpeper



Dairy Management Institute
Peter Callan, Extension Agent, Farm Business Management
Agriculture & Natural Resources

In the past year Virginia dairy farmers have faced a severe drought, record prices for fuel and feed ingredients and milk prices which have increased from 25-year lows in the winter to record high prices in the summer. Positive cash flows are critical for dairy farmers to remain in business and continue to be a viable part of the local economy by purchasing goods and services from local vendors. By comparing their production and financial information to financial and production benchmarks, dairy producers are able to determine the strengths and weaknesses of their farms.

The 2007 Dairy Management Institute (DMI) was held in the Culpeper, Virginia, Cooperative Extension (VCE) office on March 29, 2007. The purpose of the DMI is to establish financial and production benchmarks for dairy producers in Northern Virginia. In February producers sent their farms’ 2006 financial and production information to the Culpeper VCE office. The information was aggregated to develop financial and production benchmarks.

At the March 29th DMI meeting producers received copies of their farm’s financial and production data, which is compared to farms of similar herd sizes in the Northern Virginia area and the Shenandoah Valley. During the 2007 March session, producers, VCE agents and a Virginia Tech Dairy Science faculty member exchanged ideas on cost reduction, labor management and minimizing feed costs in an era of record high feed prices. Dairy producers gained knowledge of financial and production benchmarks and ideas shared by fellow producers. This information enables dairymen to analyze their businesses and maximize the profitability of their farms. The DMI is helping build relationships between local producers, VCE agents and members of the Dairy Science Department. Information collected from the DMI is used by local extension agents and the Virginia Tech Dairy Science Department faculty to develop programs that will help producers maximize income on their farms.

The 2008 Dairy Management Institute will be held in Culpeper in March 2008. Dairy producers who are interested in participating in the 2008 DMI are asked to contact me at the Culpeper VCE office: 540-727-3435, ext 342 or peter.callan@vt.edu.

Culpeper Regional Airport

A SUCCESSFUL AIR FEST AND TRIBUTE

On Saturday, October 13, 2007, under blue skies and nice temperatures we held our 8th annual Air Fest. It was a tribute to Nancy Lynn, and our air show pilots added their own tributes into their air show routines. Next year’s Air Fest will be held on Saturday, October 11, 2008, so mark your calendars. We want to thank the following sponsors and the many volunteers as well as the public for supporting the Airport.

Allan Allridge
Mike & Mary Dale
Lou & Carolyn Ridley
Stacey, Tanya and Samantha Woodward
Frank Bossio & Jeanne Ireland
W.A. Wray
Jerry Smith

... without your assistance, we would not be able to hold such an event.

A special thank you to all our Sponsors ...
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Blue Ridge Biplane Rides/John Corradi
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Culpeper County Parks and Recreation Department
Culpeper County MCJROTC
Dick Roe
Culpeper County Sheriff’s Office
Steve Berkman
Brandy Station Volunteer Fire Department
Quarles Energy Services
White Hawk Aviation Maintenance and Flight School
Mark Geris
Mark A. Moorstein
Dale & Elizabeth Pontiff
Lynn Dawson & Steve Roth
Philene Ware Dunn
Kemper Corp Realtor
Culpeper Airport Line Service Techs

Survey—Please Give Your Opinion!!!

We would like to receive input from you - the citizens - regarding our Air Fest. Please answer the following questions and email to:

CulpeperAirport@hotmail.com

Or mail to:

Culpeper Regional Airport,
12517 Beverly Ford Road, Brandy Station, VA 22714

1. Have you been to a previous Air Fest at Culpeper? _____
2. What part of the festivities did you enjoy the best? _____
3. Would you come to another Air Fest? _____
4. Are you interested in sponsorship opportunities for a future Air Fest? _____
5. If yes, may we contact you? (please provide contact information) _____

6. What else would you like to see at the Air Fest? _____
7. Any other comments and/or suggestions? _____

THANK YOU FOR YOUR PARTICIPATION IN HELPING US PLAN
FOR FUTURE AIR FESTS

NEWS / UPDATES FROM THE OFFICE OF PLANNING AND ZONING



Allied Concrete—A certificate of appropriateness was issued to Allied Concrete on October 10, 2007, for a showroom and warehouse facility to be located on Bennett Road off Route 666. The Culpeper County Planning Commission also granted a use permit for retail sales at that time. The Allied Concrete showroom, which was designed by SHW Group architects qualifies for LEED certification*.

The Allied Concrete showroom will be constructed using ICF, which stands for Insulated Concrete Form. This form is then filled with concrete giving the structure a higher insulation value than is typically required. The large expanse of windows in the building will feature day-light diffusing glass to assist in glare reduction.

Recycled wood panels will be used as roofing materials installed beneath a cool roof system that will displace heat, as opposed to traditional roofing which absorbs heat. The building will also be equipped to monitor daylight and adjust temperature controls accordingly. All parking on this site will utilize pervious pavement, and a 10,000 gallon tank will be used to collect rainwater from the roofs. The developer also plans to use a variety of indigenous plants in the landscaping in order to minimize additional water consumption. Allied Concrete is commended for taking this environmentally-friendly approach.

The Planning and Zoning Department hopes to provide updates and news in each issue of the Culpeper Minutes. Please feel free to call or email any member of the staff, if you have questions or comments.

Culpeper Department of Planning and Zoning
302 N Main Street
Culpeper VA 22701
540-727-3404

Historic Resources—The Culpeper County Planning Department recently applied for, and was awarded, grant funds from the Virginia Department of Historic Resources in the amount of \$18,000. These funds, in addition to a \$10,000 department cash match, will be used to resurvey and update an existing historic resources inventory for the County. Two hundred and fifty significant sites will be studied, and an inventory will be compiled and submitted to the state for possible inclusion in both the Virginia Landmarks Register and National Register of Historic Places.

Stormwater Management—The newly written Stormwater Management Ordinance mentioned in the previous issue of the Culpeper Minutes was presented informally to the Planning Commission in November. The ordinance should be finalized in the near future. The consultants who assisted with this ordinance were paid through a water quality improvement grant. Many thanks to the participants who helped guide the drafting of this ordinance, which is heavily focused on low-impact development techniques.

Green Building—*The Leadership in Energy and Environmental Design (LEED) Green Building Rating System™ is the nationally accepted benchmark for the design, construction, and operation of high performance green buildings. LEED gives building owners and operators the tools they need to have an immediate and measurable impact on their buildings' performance. LEED promotes a whole-building approach to sustainability by recognizing performance in five key areas of human and environmental health: sustainable site development, water savings, energy efficiency, materials selection, and indoor environmental quality. A LEED silver certification is one that developers plan to pursue after the showroom's construction is complete.

—U.S. Green Building Council www.usgbc.org



Martin's Grocery—The Culpeper County Architectural Review Board issued a certificate of appropriateness to Martin's Grocery Store on September 12, 2007. Martin's is a subsidiary of Giant Food. The grocery chain plans to locate its new store in the Culpeper Colonnade Shopping Center alongside Target, in what will be the second phase of that development. In addition to the store, Martin's also is seeking to construct a gasoline service canopy. www.martinsfoods.com

Employment with Culpeper County

www.culpepercounty.gov

Click on employment!

- Be notified when a position becomes available
- Create one application to use over and over again
- View Culpeper County's benefit package
- Check the status of your application

BUILDING DEPARTMENT FREQUENTLY ASKED QUESTIONS

BUILDING PERMITS

The most frequently asked question is, “what do I need to do to obtain a building permit for my project.” While all projects may differ in size and scope, there are a few generic requirements that must be met for every project. Granted not all items pertain to every project. For this particular article we will include items required for a residential home.

Much of this information may be found on our Web site at www.culpepercounty.gov and choose the Building Department link.

The minimum information needed is as follows:

- Obtain a Zoning Permit from the Zoning Department from either the Town or County; this is dependent on where your structure will be located.
- A completed Building Permit Application identifying both the owner and the contractor.
 1. For “County” residences a health permit must be obtained from the Health Department for the well and septic system.
 2. Submission of 3 sets of construction plans, drawn in ink to a minimum ¼” scale on paper of a minimum 11” by 17”. The architect or person drawing the plans must be identified on each page of the construction documents.
 3. If the home is designed with a steel beam, is of steel construction or has some special type of construction not covered in the 2003 International Residential Code (IRC), an Engineer or Architect’s seal is required. That seal has to be what we call a “wet seal” original stamp with an original signature, which is required by state law.
 4. A “Residential Check” (Res-Check) is a document that identifies the minimum required thermal performance factor (required insulation) needed to meet code for your home. This is only required if you cannot meet the IRC Chapter 11 requirements for insulation.

The actual Building Permit itself requires the following information:

- The owner and contractor’s information. If the Owner is acting as his own “general contractor” then no other contractor information is required. If using a contractor the following is needed:
 1. Contractor’s license number, class, expiration date, e-mail address, office and cell phone contact number. If the contractor holds a class “C” license, a copy of the contract is required.
 2. Contract amount.
- Additionally the following information will be needed:
 1. Type of water supply, public utility, well or community well.
 2. Sewage disposal type, public utility or septic tank.
 3. Servicing power utility company name, to include the total number of amperes or service. Residential homes are limited to 400 amps.
 4. Scope of work, such as a single-family dwelling, Industrialized Home (Modular) or Manufactured Home, (single or doublewide).
 5. Estimated value of completed work and total time required for construction.
 6. Use Group, for residential single family homes it is normally an R-5.
 7. Type of construction, this is all dependent on the materials employed to construct the home, normally a 5-B (wood frame).
 8. Type of foundation used.
 9. Type of wall construction.
 10. Siding type.
 11. Type of heating system used.
 12. Types of mechanical systems used.
 13. The number of bathrooms, both full and half, and total bedrooms.
 14. The gross square footage of all rooms located on each floor, to include the basement and all porches, carports, attached or detached garages and decks.
 15. Total number of fireplaces and flues.

These are the requirements for a home. Depending upon your project many of the requirements listed would not necessarily apply.

SUPPLEMENTAL HEATING

It’s no secret, heating costs have increased and everyone likes to save energy and money. However, adding systems to supplement an existing system even in new structures may have deadly consequences. This article is to advise our citizens on the issues of installing some types of heating appliance. Whether fueled by gas, oil, coal, wood or pellet, the important thing to remember is if used in conjunction with another heating source, research the product to ensure it is compatible and safe.

As per code, all mechanical systems installed must be listed and labeled for use for the specific application. This listing provides the name of the testing agency. There are numerous testing laboratories with a wide variety of trademarks that identify their work. The labeling of the appliance, depending on what type of appliance it is, requires specific information to be on the nameplate, anything from rating in volts, amperes or watts, motor phase for electric comfort heating appliances to British Thermal Units (BTU), for absorption and fuel-burning appliances. Additionally, it must state the type of fuel. Some appliances like gas logs, stoves, heating units or water heaters may be dual-fuel certified. They may be able to be used with liquid propane or natural gas.

Fireplaces in singlewide trailers, doublewide trailers or modular homes require research. The heat generated by one of these units could create a situation where there could be combustion issues of material in close proximity to the fireplace. If planning to supplement the heating system by installing one of these appliances, make sure it is rated for use in that particular dwelling. The issue of “combustion air” is critical to the operation of any fuel-burning appliance. Combustion air is the amount of air required to allow the appliance to operate safely and properly.

Prefabricated gas fireplaces are popular products for aesthetics and supplemental heat. There are two types: vented and non-vented flue type. The vented flue type will have a flue pipe to the outside and will generally have a fresh air intake incorporated within. Non-vented means just that - it can be installed anywhere in the house (not in sleeping areas) with no flue pipe needed. Wall-hung liquid propane or natural gas room heaters are also available.

With the exception of the direct-vent prefabricated fireplace, the non-vented (ventless) and wall-hung heater (also ventless), depend on proper combustion air to operate safely and efficiently.

If using the air from the inside of the structure for combustion air, the following requirements must be met: 50 cubic feet per 1,000 input BTU (British Thermal Unit). The input BTU rating can be found on the listing label on the appliance.

Cubic feet are calculated by the square footage of the floor multiplied by the height of the ceiling.

Example: A 12’x24’ living room with a 35,000 Input gas fireplace non-vented.

12’ x 24’ x 8’ = 2,304 cubic feet

35,000 divided by 1000 = 35.

35x50 cu ft = 1,750 cu ft of combustion air required.

The room is of adequate size to install the fireplace. If the room was too small, alternative methods can be used to utilize more interior air or using outside air to supplement.

Carbon Monoxide also known as the “Silent Killer” is surely nothing to take for granted. Permits are required for the installation of gas and solid fuel (oil, coal, wood, pellet etc.) appliances to ensure the equipment is being installed to code and to the manufacturer’s installation requirements.

Be sure the contractor that has been selected is certified in his or her trade and holds a Virginia Contractor’s License.

If taking on a DIY project, contact us for any code or administrative questions you may have. Have a safe winter.

Robert P. Orr, CBO
Building Official Culpeper County

Registrar
Michele White

Welcome to Voter Registration in Culpeper!

A lot has happened in the last few months with the Voter Registration and Electoral Board Office. Many “new” events and people have been involved in getting the Office ready for a busy election year in 2008. We have three important elections on the calendar starting in February with the Primary (February 12 if held), the Town Council Election (May 6) and the Presidential Election (November 4).



We are fully operational in a new office at 151 North Main Street, in the old Wachovia Bank Building. The new building is a great space, but more importantly, the County Administration and staff have all been very supportive and responsive in handling our transition. Being a part of “Team Culpeper” is important to this Office, and we are glad to be officially under the County “umbrella”.

Continuing with the “new” theme - we have a new polling place in Brown’s Store in the Salem District. Voters who used to vote at Champion Chevrolet are now voting at Reva Volunteer Fire Department. We also had several new Chief and Assistant Chief Officers of Elections at many of the precincts for the past election in November. Additionally, there is a new face in the office, Melissa Hart. Melissa was hired as the Assistant Registrar in July. She is an asset to the Office and is quickly learning how the election process works.

Presentations about Voter Registration

In October I was invited to speak at a “Lunch and Learn” session at Reformation Lutheran Church and really enjoyed getting out and speaking with those members in a Question and Answer format. If you are part of a community, civic or church group and would like to know more about the election process, please call me to set up a presentation for your group. I can come to your group’s function and speak about voter registration and answer any questions that people may have.

Did you know????

You can check your voter registration online – Anytime! Go to www.sbe.virginia.gov and click on “Voter Information” and then click on “Voter Registration Information”. Type in your information, and the screen will tell you where you are registered and the district in which you vote. If you are not registered in Culpeper County - and should be - please download a voter registration form, fill out ALL of the information and mail it to the address below. You should receive a new voter card from our Office within 30 days of receipt of your application.

IMPORTANT DATES:
Primary (if held): February 12, 2008
Town Council Election: May 6, 2008
Presidential Election: November 4, 2008

CONTACT INFORMATION:
Phone: 540-825-0652 or 540-825-0726
Fax: 540-825-8454
151 North Main Street
Culpeper, VA 22701

From Your Commissioner of the Revenue

Terry L. Yowell



Real Estate Tax Relief for the Elderly and/or Disabled

Were you age 65 (or older) and/or totally and permanently disabled as of January 1, 2007? Do you own and occupy a home? The Code of Virginia and the Culpeper County Code allow for full or partial relief from local real estate tax on the home and up to one acre of land, on which the home is situated, for individuals who meet qualifying age, and/or disability requirements, as well as income and asset limitation criteria. For more information about this program or to inquire about eligibility, please contact our Real Estate Tax Relief Administrator at 540-727-3411 or stop by the Commissioner of the Revenue Division of Real Estate Assessment at 118 W. Davis Street, Suite 100. **All inquiries are confidential.** All Real Estate related functions of the Commissioner's Office are located in the old Town Municipal Building, whereas Personal Property and Income Tax functions are still located in the Court House.

For existing program members, letters of instruction for 2008 Tax Relief for the Elderly and/or Disabled will be mailed out shortly, and completed applications are due by April 1, 2008. As always, if you have any questions, please contact me.

Real Estate Land Use Program

I'd like to take this opportunity to thank the members of our agriculture and forestry community for the diligence shown during the Land Use Revalidation process. I am pleased to inform you that each of the 2345 parcels currently enrolled in the land use program has met the requirements as mandated by the Code of Virginia and the Culpeper County Code to qualify for Taxation on the Basis of Use Value Assessment.

According to the Code of Virginia and the Culpeper County Code, applicants will be asked to revalidate the use of their land at the time of reassessment. The applications will be forthcoming in early 2009. If you have any questions or would like to inquire about this program, please contact the Commissioner of the Revenue Land Use Administrator at 540-727-3411 or stop by the office located at 118 W. Davis Street, Suite 100.

COMMISSIONER OF THE REVENUE DIVISION OF REAL ESTATE ASSESSMENTS

On May 1, 2007 the Culpeper County Board of Supervisors passed a Resolution for the biennial (every two years) General Reassessment of Real Estate to be conducted under the direction of the Commissioner of the Revenue, who was designated the Assessor for Culpeper County.

Because of this resolution, the in-house assessing that was initiated for the 2007 General Reassessment will continue. The next reassessment will become effective January 1, 2009. The appraisers will revisit each property, make any changes needed to the property record, re-photograph if necessary and answer any questions you might have. We truly appreciate your cooperation during the past reassessment and look forward to working with you again in this continued effort to assess at market value and to insure that assessments are equalized.

The Real Estate Assessments office is located at 118 W. Davis Street and is open for business weekdays from 8:30AM to 4:30PM. The office phone number is 727-3411. If you have any questions concerning the assessment of your real estate, manufactured homes, Tax Relief Program or Land Use Program, please do not hesitate to call or drop by the office.

All-terrain Vehicles and Off-road Motorcycles: Exempt from Personal Property Tax

Kudos to you, the taxpayers of Culpeper County, for lobbying your General Assembly members which resulted in changes to the Code of Virginia Title 58.1 Taxation.

Effective July 1, 2006 the Virginia General Assembly passed Senate Bill 191 (Chapter 896) which requires non-dealer owners of all-terrain vehicles and off-road motorcycles powered by gasoline or diesel engines displacing more than 50 cubic centimeters and purchased as new on or after July 1, 2006, to title their vehicles with DMV. The same bill amended the Code of Virginia sections 58.1-3503 and 58.1-3504 to exempt all-terrain vehicles and off-road motorcycles from local property taxation. This legislation does not exempt this class of property from applicable business personal property assessment and taxation.

Please note this legislation went into effect July 1, 2006 which, for assessment purposes, means exempt as of

January 1, 2007. There is no retroactive clause. Therefore tax for this class of vehicles was removed from your 2007 personal property tax bill, and no adjustments may be made to tax bills from the previous year.

Chief Deputy Commissioner Barry Atchison earns Master Certification

(Charlottesville, Virginia - July 01, 2007) The Commissioners of the Revenue Association of Virginia announced that Culpeper's Chief Deputy Commissioner of the Revenue, Barry A. Atchison, has been awarded the title Master Deputy Commissioner of the Revenue, under the Master Designation Program administered by the University of Virginia's Weldon Cooper Center for Public Service and the School of Continuing and Professional Studies. The program was developed to enhance the professionalism of local government officials and their staff and is sanctioned by the Virginia General Assembly.

The program, which takes a minimum of three years to complete, requires a combination of extensive education and governmental experience. The process is an ongoing educational experience which does not end with receipt of the Master designation. In order to maintain the Master designation, the Deputy Commissioner must satisfactorily complete a minimum number of hours in continuing education after receipt of the initial designation.

Additional information about the Master Designation Program is available from John P. Thomas, Director, Weldon Cooper Center for Public Service, (434) 982-5545 or e-mail jpt6n@virginia.edu.

Commissioner of the Revenue
135 West Cameron Street
540-727-3443
Real Estate Assessments Office
118 W. Davis Street
540-727-3411
8:30-4:30 M-F

Culpeper County Criminal Justice Services
Fiscal Year 2007 Report

Program Overview & Mission Statement

Culpeper County Criminal Justice Services (CJS) provides local probation supervision to jailable misdemeanor offenders and non-violent felon offenders. Our Mission Statement is as follows:

The Culpeper County Criminal Justice Services Program is committed to developing, establishing and maintaining community-based corrections programs that hold offenders accountable by providing sanctions, services and alternatives to incarceration, while providing leadership and coordination throughout the entire criminal justice system.

Cost/Benefit Analysis

Local Probation Supervision is a far less expensive option than jail. It should be noted that not all offenders are appropriate for CJS placement, and CJS is certainly not designed or meant to alleviate the need for a jail. **For FY 2007, the cost of supervision per day for CJS was \$2.95 as compared to the approximate cost per day for jail at \$65.**

Offenders referred to CJS are allowed to remain in the community under supervision. Rather than filling jails, they work, attend school, receive treatment and pay taxes, child support, restitution, court costs and fines.

Probation Placements

	FY07	FY06	+/-
General District Court	709	449	+58%
Juvenile & Domestic Relations Court	138	142	-3%
Circuit Court	45	37	+22%
Transfer In Cases	75	60	+25%
Total	967	688	+41%
Average Daily Caseload	312	233	+34%

8 Monitor Cases (Do not count as probation placements)
78% of misdemeanor and **75%** of felon offenders were closed **successfully** as completing all court requirements
\$166,212.95 facilitated in court costs and fines
\$23,063.17 facilitated in victim restitution
18,016 community service hours completed (**\$92,782** of labor based on minimum wage)

Placement in Services

	FY07	FY06	+/-
Substance Abuse Testing	260	219	+19%
Substance Abuse Education	40	39	+3%
Substance Abuse Counseling	67	74	-9%
Long-Term Inpatient (28+ days)	11	12	-8%
Short-Term Detox (3-7 days)	4	2	+100%
Shoplifter's Group	13	29	-55%
Anger Management	29	14	+107%
Batterer's Intervention Program	37	38	-3%
Community Service	613	398	+54%
Other (DVI/Mental Health/Parenting)	92	96	-4%

Demographic Statistics

Age:	Average 29	
Gender:	Male 73%	Female 27%
Race:	White 43%	Black 20%
	Hispanic 36%	Other 1%
Employment:	Employed 80%	Unemployed 20%
Marital Status:	Never Married 59%	Married 25%
	Separated 7%	Divorced 8%
	Widowed 1%	

Charges

DUI/DOS/No OL/Hit & Run/Reckless	515	52%
Assault	133	14%
Narcotics	90	9%
Larceny/Fraud	75	8%
Violations/Contempt	38	4%
Trespass/Telephone Threats	51	5%
Obstruction/Disorderly	29	3%
Family Offenses/Protective Orders	13	1%
Vandalism	11	1%
Alcohol	5	.5%
Weapons	6	.5%
Fail to Register/Obscenity	4	.5%
Others	13	1%
Total	983	99.5%

Domestic Violence

CJS received a total of 101 Domestic Assault and Battery placements for FY 07, a decrease of 5% from FY 06.

CJS Litter Pickup Program

CJS began a litter pickup program in July 2006, with the hiring of a part-time Litter Control Officer. Offenders are assigned a section of County roadway for their community service. Offenders placed in the litter program are given community service credit for each mile they complete. Offenders completed the following for FY07:

- *41.04 tons of trash picked up**
(CJS is using an average weight of 17 lbs per bag and **4,828 bags** were picked up)
- *1,205 miles of roads cleaned**
- *3,136 hours of credit given for community service**
- *228 tires picked up**

Have you become physically and/or verbally abusive to your spouse or significant other?
Help is available.

Contact Culpeper County Criminal Justice Services at 540-727-3450
for a referral to a treatment provider.



CULPEPER COUNTY SHERIFF'S OFFICE



TWO MOTOR UNIT DEPUTIES WIN!

Deputy Chad McKnight won 4th place and Deputy Greg Butler won 6th place in the Mid-Atlantic Police Motorcycle Rodeo. The rodeo has taken place every year since 1979. Each year it grows and has become very competitive. Motor Officers from up and down the east coast compete for top place. Because so many Officers compete, we are proud to have two officers who ranked in the top ten! Congratulations!!!!!!

NINTH ANNUAL GOLF FUNDRAISER

This year over \$20,000 was raised for local programs like *SHOP WITH A COP*, *CULPEPER FREE CLINIC*, *RIZE UP*, and *CULPEPER SENIOR NUTRITION SITE*. Over 150 golfers and local businesses made this year's event such a success. We would like to thank everyone who helped us make this happen!



RESCUE PERSONNEL RECOGNIZED

Dispatchers and rescue personnel, including two members of the Fairfax County Trench Rescue Team, were publicly thanked for their efforts in saving the life of Wyatt Butch Mills. "So often in public safety there are unsung heroes. Without you and what you accomplished, an individual would not be with us today," Sheriff Hart commented of the public service personnel.

110 W. CAMERON ST. CULPEPER VA. 22701
PHONE: (540) 727-7520 FAX: (540) 727-3466
WWW.CULPEPERSHERIFFSOFFICE.COM

Culpeper Minutes

A Quarterly Publication of
The Culpeper County
Board of Supervisors



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Issue Thirty



Windmore Foundation for the Arts
Celebrates 20 years of
Bringing the Arts Home!

Join us today...

The Artists of Windmore - Workshops, plein air outings, field trips to museums, lectures & critiques

The Windmore Writers - Unpublished and published writers of all forms of prose and poetry are welcome

Windmore Community Theater - Stage performances providing experience on the stage and behind the scenes

Windmore & Kids - Art in the Park will be June 16 - 20 & June 23 - 27

www.windmorefoundation.org

Telephone Number for Virginia Department of Transportation (VDOT): 540-829-7500
To report Road Hazards or Snow-Flood Conditions: 800-367-7623 Toll Free